

# RECIPE BOOK



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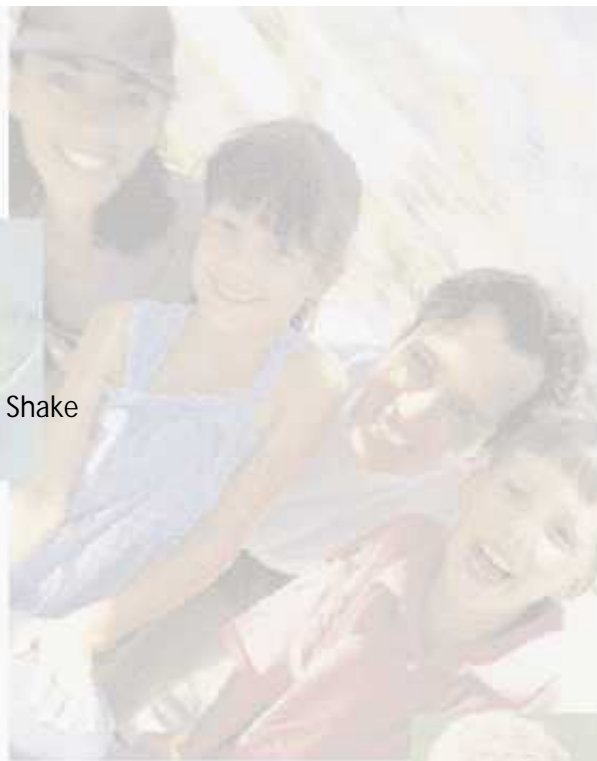


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HERBALIFE.



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# Shakes & Smoothies

## Basic Shake Tip

- Stir, shake or blend 2 level tbsps of shake powder with 1 cup of your favourite beverage.
- Blending a couple of ice cubes or frozen fruit juice with your shake will give you a thicker, frostier shake.
- Try shake stirred into your favourite breakfast cereal, yogurt, diet pudding or cottage cheese.
- Be creative with your shakes. Add any kind of fruit or use any type of juice.
- Suggested liquids for a shake : unsweetened juices. V8 juices, low fat yogurt, low fat cottage cheese, applesauce, diet puddings, almond milk, soy milk, goats milk, coconut milk.



## Pumpkin-Banana Smoothie

- 2 Tablespoon vanilla-flavoured F1 shake mix
- 1 / 2 Tablespoon Personalised Protein Power F3
- 1 Cup (250 ml) plain soy milk or non-fat diary milk
- ¼ Cup canned / cooked pumpkin
- ½ Medium banana
- A few drops vanilla essence
- 4 Ice cubes

Place all the ingredients in the blender and blend until the ice cubes are completely crushed.

## Chocolate-Raspberry Shake

- 2 Tablespoon chocolate-flavoured F1 shake mix
- 1 / 2 Tablespoon Personalised Protein Power F3
- 1 Cup (250 ml) plain soy milk
- 1 Cup frozen / fresh whole raspberries
- 1/8 Teaspoon orange extract
- 4 Ice cubes

Place all the ingredients in the blender and blend until the ice cubes are completely crushed.

## Strawberry-Kiwi Shake

- 2 Tablespoon vanilla-flavoured F1 shake mix
- 1 / 2 Tablespoon Personalised Protein Power F3
- 1 Cup (250 ml) or non-fat diary milk
- ½ Cup frozen / fresh whole strawberries
- 1 Very ripe kiwi fruit peeled (2 if it is very small)
- 1/8 Teaspoon lemon extract
- 4 Ice cubes

Place all the ingredients in the blender and blend until the ice cubes are completely crushed.

## Chai Tea Latte Smoothie

- 2 Tablespoon vanilla-flavoured F1 shake mix
- 1 / 2 Tablespoon Personalised Protein Power F3
- 1 Cup (250 ml) plain soy milk
- 3 Tablespoons unsweetened liquid iced tea concentrate
- ½ Medium banana
- Scant 1/8 teaspoon cinnamon
- A few dashes each (to taste) of ginger, clove, black pepper
- 4 To 5 ice cubes

Place all the ingredients in the blender and blend until the ice cubes are completely crushed.

## Banana-Walnut Shake

- 2 Tablespoon vanilla-flavoured F1 shake mix
- 1 / 2 Tablespoon Personalised Protein Power F3
- 1 Cup (250 ml) plain soy milk
- ½ Very ripe banana
- 1/8 Teaspoon black walnut flavouring

- Few drops vanilla extract
- Dash of cinnamon
- 4 Ice cubes

Place all the ingredients in the blender and blend until the ice cubes are completely crushed.

### Pineapple-Orange-Coconut Shake

- 2 Tablespoon vanilla-flavoured F1 shake mix
- 1 / 2 Tablespoon Personalised Protein Power F3
- 1 Cup (250 ml) plain soy milk
- 1 Cup frozen / fresh pineapple chunks
- 1/8 Teaspoon coconut extract
- ¼ Teaspoon orange extract
- 4 Ice cubes

Place all the ingredients in the blender and blend until the ice cubes are completely crushed.

### Very Berry Shake

- 2 Tablespoon strawberry/vanilla-flavoured F1 shake mix
- 1 / 2 Tablespoon Personalised Protein Power F3
- 1/3 Cup non-fat dry milk powder
- 1 Cup low-calorie cranberry juice
- 1 Cup frozen/fresh mixed whole berries
- A few drops vanilla extract
- 4 Ice cubes

Place all the ingredients in the blender and blend until the ice cubes are completely crushed.

### Orange-Mango Shake

- 2 Tablespoon vanilla-flavoured F1 shake mix
- 1 / 2 Tablespoon Personalised Protein Power F3
- 1 Cup (250 ml) plain soy milk or non-fat diary milk
- ½ Cup frozen / fresh mango chunks
- ½ Cup canned mandarin oranges, drained
- 4 Ice cubes

Place all the ingredients in the blender and blend until the ice cubes are completely crushed.

### Chocolate-Strawberry Shake

- 2 Tablespoon chocolate-flavoured F1 shake mix
- 1 / 2 Tablespoon Personalised Protein Power F3
- 1 Cup (250 ml) plain soy milk or non-fat diary milk
- ½ Cup frozen / fresh whole strawberries
- A few drops vanilla extract
- 4 Ice cubes

Place all the ingredients in the blender and blend until the ice cubes are completely crushed.

### Orange Julius Shake

- 2 Tablespoon vanilla-flavoured F1 shake mix
- 1 / 2 Tablespoon Personalised Protein Power F3
- 1 Cup (250 ml) plain soy milk or non-fat diary milk
- 3 Tablespoons frozen orange juice concentrate
- ¼ Teaspoon vanilla extract
- 4 Ice cubes

Place all the ingredients in the blender and blend until the ice cubes are completely crushed.

### Apple Pie Shake

- 2 Tablespoon vanilla-flavoured F1 shake mix
- 1 / 2 Tablespoon Personalised Protein Power F3
- 1 Cup (250 ml) plain soy milk or non-fat diary milk
- 1 Cup frozen / fresh apple slices
- A few dashes each of cinnamon, nutmeg & cloves
- ¼ Teaspoon vanilla extract
- 4 Ice cubes

Place all the ingredients in the blender and blend until the ice cubes are completely crushed.



### Peach-Almond Shake

- 2 Tablespoon vanilla-flavoured F1 shake mix
- 1 / 2 Tablespoon Personalised Protein Power F3
- 1 Cup (250 ml) plain soy milk or non-fat diary milk
- 1 Cup frozen / fresh peach slices
- A few dashes ground ginger
- ¼ Teaspoon almond extract
- 4 Ice cubes

Place all the ingredients in the blender and blend until the ice cubes are completely crushed.

### Café Mocha Shake

- 2 Tablespoon chocolate-flavoured F1 shake mix
- 1 / 2 Tablespoon Personalised Protein Power F3
- 1 Cup (250 ml) plain soy milk or non-fat diary milk
- 2 Teaspoon instant coffee granules
- ½ medium banana
- Dash of cinnamon
- 4 Ice cubes



Place all the ingredients in the blender and blend until the ice cubes are completely crushed.

### Blueberry-Cranberry Shake

- 2 Tablespoon vanilla-flavoured F1 shake mix
- 1 / 2 Tablespoon Personalised Protein Power F3
- 1/3 Cup non-fat dry milk power
- 1 Cup low-calorie cranberry juice
- 1 Cup frozen/fresh whole blue berries
- A few drops orange extract
- 4 Ice cubes

Place all the ingredients in the blender and blend until the ice cubes are completely crushed.

### Pina-Colada Shake

- 2 Tablespoon vanilla-flavoured F1 shake mix
- 1 / 2 Tablespoon Personalised Protein Power F3
- 1 Cup (250 ml) plain soy milk
- ½ Cup frozen / fresh pineapple chunks
- ¼ Medium banana
- ¼ Teaspoon coconut extract
- 4 Ice cubes

Place all the ingredients in the blender and blend until the ice cubes are completely crushed.

### Orange Julius-Style Shake

- 16 oz. very cold water
- 2 tbsp. Thermojetics® High-Protein, Low-Carb Vanilla Shake Mix
- 1 packet Thermojetics® High-Protein, Low-Carb Peach Mango Drink Mix
- 2-3 ice cubes

Add all ingredients to blender and mix on high until ice is crushed and shake is rich and creamy.

### Orange Dreamsicle Delight



- 2 tbs. Thermojetics® Formula 1 Protein Drink Mix, French Vanilla flavour
- 8 oz. orange juice
- 4 to 6 ice cubes

Combine all ingredients and blend until smooth.

### Strawberry Sensation

- 2 tbs. Thermojetics® Formula 1 Protein Drink Mix, Wild Berry flavour
- 8 oz. cold water
- 1 c. fresh, ripe strawberries
- 4 to 6 ice cubes

Combine all ingredients and blend until smooth.

## Soda Fountain Shake

- 2 tbs. Thermojetics® Formula 1 Protein Drink Mix, French Vanilla flavour
- 5 oz. nonfat milk
- 3 oz. flavored diet soda (black cherry, strawberry, root beer, etc.)

Combine all ingredients and blend until smooth.

## Perfect Pear Shake

- 2 TBSP Vanilla or French Vanilla shake powder
- 2 TBSP Performance Protein Powder
- 1 small ripe or frozen pear
- 1 cup non-fat milk or plain soymilk
- Dash of almond extract
- Dash of cinnamon
- Ice (optional smoothie)

Combine all ingredients and blend until smooth.

## Iced cappuccino

- 2 tbs. Thermojetics® Formula 1 Protein Drink Mix, French Vanilla flavour
- 1/2 c. nonfat milk
- 1 c. cold coffee (or cold water with 1 tsp. of instant coffee)
- 1 packet artificial sweetener
- 3 to 4 ice cubes

Combine all ingredients and blend until smooth. Top with a sprinkle of cinnamon or cocoa powder.

## Creamy Chocolate Shake

- 10 oz. very cold water
- 3 tbs. Thermojetics® High-Protein, Low-Carb Shake Mix, Chocolate flavor
- 1 tbs. Performance Protein Powder
- 2 to 3 ice cubes

Blend on high until rich and creamy.

## Frosty Fairy Tale

- 2 Tbs. Vanilla Formula 1
- 250 ml. low-fat milk
- 0.5 cup fresh berries
- 4 ice cubes

Mix everything in the blender

## Valentine

- 2 Tbs. Wild-berry Formula 1
- 250 ml. low-fat milk
- 0.5 cup fresh strawberries
- 4 ice cubes

Mix everything in the blender

## Belissimo

- 2 Tbs. Vanilla Formula 1
- 250 grams of grape juice
- 1 cup fresh grapes
- some mint
- 3 ice cubes

Mix everything in blender

## "Winter Morning" Coffee Cream

- 2 Tbs. of Vanilla Shake
- 0.5 tsp. coffee
- several ice cubes



Mix well in blender

### Delight

- 1 cup skim milk
- 2 tbsp Vanilla Formula 1
- 1/2 tsp coconut extract
- 1/2 tsp pineapple extract

Mix everything in blender

### Banana Fruit Shake

- 2 tbsp Vanilla Formula 1
- 4 oz. nonfat yogurt
- 4 oz water
- 1/2 cup frozen peach slices
- 1/2 Medium banana

Mix everything in blender

### Melon Masterpiece

- 2 tbsp tropical fruit Shake
- 8 oz water
- 1/2 cup fresh mango
- 1/2 cup fresh cantaloupe
- 3 ice cubes

Mix well in blender

### Root Beer Float

- 2 tbsp Vanilla Formula 1
- 4 oz skim milk
- 1/2 can diet root beer
- 3 ice cubes

Mix well in blender

### Prune Shake

- 2 tbsp Vanilla Formula 1
- 2 oz Herbal Aloe

Mix well

### Raspberry Razzmatazz

- 2 tbsp Chocolate Formula 1
- 8 oz water
- 1/2 cup raspberries
- 1/2 banana
- 3 ice cubes

Mix well in blender

### Wild Berry-Orange Shake

- 2 tbsp Wild Berry
- 8 oz orange juice
- 4 strawberries
- 3 ice cubes

Mix well in blender

### Hawaiian Punch Shake

- 2 tbsp Vanilla or Wild Berry Formula 1
- 8 oz Hawaiian punch
- 3 ice cubes

Mix well in blender

### The Carrot Thing

- 2 tbsp Vanilla Formula 1
- 8 oz fresh carrot juice
- 3 drops of lemon juice
- 3 ice cubes



Aloha

Mix well in blender

### Chocolate Banana

- 2 tbsp Chocolate Formula 1
- 8 oz skim milk or water
- 1 cup banana
- 3 ice cubes

Mix well in blender

### Jamocho Fudge

- 2 tbsp Chocolate Formula 1
- 8 oz cappo bottled cappuccino
- 1/2 tsp chocolate extract
- 3 ice cubes

Mix well in blender

### Hawaiian Delight

- 2 TBSP Vanilla or French Vanilla shake powder
- 2 TBSP Performance Protein Powder
- 1 cup non-fat milk or plain soymilk
- 1/2 tsp coconut extract
- 1/2 tsp pineapple extract
- 1/2 tsp orange extract
- 1/2 banana
- Ice (optional smoothie)

Combine all ingredients (including additional Protein Powder according to your personalized meal plan) blend and enjoy.

### Chai Banana 2 TBSP Vanilla or French Vanilla shake powder

- 2 TBSP Performance Protein Powder
- 1 cup non-fat milk or plain soy milk
- 1/2 frozen banana
- 2 TBSP unsweetened ice tea concentrate
- Dash each of cinnamon, nutmeg, black pepper
- Ice (optional smoothie)

Combine all ingredients (including additional Protein Powder according to your personalized meal plan) blend and enjoy.

### Iced Cappuccino

- 2 TBSP Vanilla or French Vanilla shake powder
- 2 TBSP Performance Protein Powder
- 1 cup non-fat milk or plain soymilk
- 1 to 2 tsp instant coffee
- 1/2 banana
- Artificial sweetener to taste (not to exceed one packet)
- Ice (optional smoothie)

Combine all ingredients (including additional Protein Powder according to your personalized meal plan) blend and enjoy.

### Aloha Madness

- 2 TBSP Vanilla or French Vanilla shake powder
- 2 TBSP Performance Protein Powder
- 1 cup non-fat milk or plain soy milk
- 1/2 cup frozen pineapple chunks
- 1 1/2 tsp coconut extract
- Ice (optional smoothie)





Combine all ingredients (including additional Protein Powder according to your personalized meal plan) blend and enjoy.

### Strawberry Banana

- 2 TBSP Vanilla or French Vanilla shake powder
- 2 TBSP Performance Protein Powder
- 1 cup non-fat milk or plain soymilk
- 1/2 cup frozen strawberries
- 1/2 banana
- Ice (optional smoothie)



Combine all ingredients (including additional Protein Powder according to your personalized meal plan) blend and enjoy.

### Chocolate Strawberry Shake

- 2 TBSP Chocolate shake powder
- 2 TBSP Performance Protein Powder
- 1 cup non-fat milk or plain soy milk
- 1 cup frozen strawberries
- Ice (optional smoothie)

Combine all ingredients (including additional Protein Powder according to your personalized meal plan) blend and enjoy.

### Pina Colada

- 2 TBSP Vanilla or French Vanilla shake powder
- 2 TBSP Performance Protein Powder
- 1 cup non-fat milk or plain soy milk
- ¼ cup pineapple juice
- ½ tsp coconut extract
- Ice (optional smoothie)

Combine all ingredients (including additional Protein Powder according to your personalized meal plan) blend and enjoy.

### Yummy Frozen Fruit Yogurt

- 2 TBSP Vanilla or French Vanilla shake powder
- 2 TBSP Performance Protein Powder
- 2-3 oz. Vanilla yogurt
- 1 cup non-fat milk or plain soy milk
- 1/3 cup frozen fruit
- Ice (optional smoothie)

Combine all ingredients (including additional Protein Powder according to your personalized meal plan) blend and enjoy.

### Original Chocolate Shake

- 2 TBSP Chocolate shake powder
- 2 TBSP Performance Protein Powder
- 1 cup non-fat milk or plain soy milk
- Ice (optional smoothie)

Combine all ingredients (including additional Protein Powder according to your personalized meal plan) blend and enjoy.

### Golden Dream

- 1 Serving Vanilla NPD
- 200ml Orange Juice
- 1 tot Cointreau
- Dash Cream
- Crushed Ice

Mix all ingredients in a shaker and serve with a slice of orange .

### Kapalua Crush

- 1 Serving Vanilla NPD
- 200ml Fresh Fruit Juice
- 50ml Low fat yoghurt
- 1/2-1 banana
- 1/3cup paw paw
- Crushed Ice [ optional]

Blend together

### Strawberry Aubrey

- 1 Serving Strawberry NPD
- 2 tots White rum
- 250ml Peach or Mango Juice

Shake ingredients in a shaker and serve with a sprig of mint



### Strawberry Sensation

- 1 Serving Strawberry NPD
- 250ml Fresh Fruit Juice
- 1/2-1 Banana and
- 4-5 Fresh Strawberries
- Ice Cubes [optional]

Blend together

### CWT Knockout

- 1 Serving Chocolate NPD
- 2 tots Kahlua or Baileys
- 250ml Milk
- Crushed Ice

Shake ingredients in a shaker and serve with a sprig of mint

### Choconana Shake

- 1 Serving Chocolate NPD
- 200ml Fruit Juice
- 50ml natural yoghurt
- 1/2-1 Banana
- Ice Cubes [optional]

Blend all the ingredients

### Cariborango

- 1 Serving Vanilla NPD
- 1/4 paw paw
- 200ml Apple juice
- 50ml Herbal Aloe
- Dash cinnamon

Blend all the ingredients

### Dr Rosenberg's Shake

- 1 Serving Vanilla Nutritional Protein Drink Mix
- 1 medium sized fresh ripe mango
- 250ml Semi skimmed Milk

Approx. 280 calories

*"I enjoy one shake in the morning and one in the evening, my favourite flavour is Vanilla, though I occasionally use the Chocolate flavour with added bilberries. I use the shake as my breakfast and dinner and during the day I have a regular low fat, low carbohydrate meal"*

Dr Mario Rosenberg

### Double Chocolate Blast

- 1 Serving Chocolate Nutritional Protein Drink Mix
- 2 dessert spoons Cocoa Powder
- 250ml Semi Skimmed Milk (or Orange juice if preferred)
- 1 cup Ice (optional)

In a blender add all liquids, then powders, blend for about 40 seconds on high

Approx. 240 calories

*The following recipe is easy to make and tasty. It can be made as a regular shake (using ice) or as a smoothie (using frozen fruit)*

Steve Witherly

### Simple is Best

- 250ml water
- 1 Serving Vanilla or Chocolate Nutritional Protein Drink Mix
- 1 cup berries (choose one or use a combination of blueberries, blackberries, raspberries or cranberries)

*You can use fresh or unsweetened, frozen berries. If the berries are frozen, I simply use a little additional water; if they are fresh, I add a few ice cubes*

Combine all of the above in the blender and voila, you have an easy to make delicious shake. Berries provide excellent antioxidant benefit and natural carbohydrates

**Caution: this is a delicious, healthy shake but people on a carbohydrate-restricted programme should not use it**

Approx calories: between 170-190 calories, depending on which berries you use. Berries range in calories from approximately 60 calories for a cup of raspberries to 80 calories for a cup of blueberries

Dr Lawrence May

### Super Soy Truffle

- 250ml soy milk
- 1 Serving Chocolate Nutritional Protein Drink Mix
- 6-8 frozen blackberries or raspberries

Blend well & serve. Approx 230 calories

Dr Jamie McManus



### Heather's Shake

- 1 Serving Vanilla Nutritional Protein Drink Mix
- 250ml orange juice
- 2-3 frozen strawberries
- Squeeze of fresh lime or lemon juice

Approx 280 calories

*"My favourite refreshing shake that gives me great energy every morning"*

Heather Livingston

### Gail & Noel's Shake

- Vanilla Nutritional Protein Drink Mix
- Tropical fruit juice
- Mashed banana
- Ice cubes
- Water

Liquidise & serve

### Double Protein Powder Fruit Shake

- 1 Serving Vanilla Nutritional Protein Drink Mix
- 1 Serving Protein Powder
- 1 mango
- 1 banana
- 2 apricots (fresh)
- 150g pot plain bio yogurt
- 4-6 ice cubes

Skin & dice fruit

Place yogurt, fruit & powders in blender

Add ice cubes, blend again

Approx 405 calories

*If you want more liquid, add milk/sparkling grape juice*

### Louise's Fruit Shake

- Nutritional Protein Drink Mix of your choice
- Yogurt
- Fruit juice

Mix & serve



### Mega shake ~ Elizabeth King

- 175ml favourite yoghurt
- 3tsp vanilla shake

Mix. Do not smooth out the lumps. Eat & enjoy

### Apple & choc shake ~ Jill Brewitt

- apple juice
- plain low fat yoghurt
- chocolate shake

### Apple/cucumber shake ~ George W

- ½ granny smith apple (peeled)
- ½ cucumber
- 4 desert spoons Greek yoghurt (plain)
- 1tsp honey
- ½cup water

### Breakfast shake ~ Buleloni

- Cornflakes
- vanilla shake
- milk

Shake well

### Crème a la Mutch ~ Colleen Mutch

- 2tsp vanilla shake
- 200ml plain fat free yoghurt
- Strawberry
- cinnamon & grated nutmeg

Method:

1. Blend shake & yoghurt together well
2. Sprinkle grated nutmeg & cinnamon on top
3. Garnish with strawberry and serve chilled

### Morning liftoff smoothie

- 2tbs vanilla shake
- ½ banana
- 2cups fresh squeezed orange or other juice
- ½cup cooked oatmeal
- ½cup crunch cereal, such as Grape Nuts
- ½cup firm tofu
- 1 egg or 1½ tsp egg substitute plus
- Water

Method:

1. Place all ingredients in blender, mix on medium speed for 1 minute
2. Serve

Makes 2 servings

### Strawberry passion

- 1 serving of Strawberry shake
- 250ml skim milk
- flesh of two passion fruits
- 1 fresh peach
- Approximate calories=290

Liquidise all ingredients together, pour into a long glass.

### Red Berry Refresher

- 1 Serving Protein Drink Mix
- Juice of 1 Lemon
- 250ml cranberry juice

Place juices in blender, add powder and blend

## Mango Medley

- 1 Serving Protein Drink Mix
- 1 Medium Mango
- 200ml Water

Peel and dice the mango, add to the blender. Add the water then the Protein Drink Mix. Blend! Scrumptious! For extra taste, replace 50ml of water with orange or cranberry juice!



## Exotic Shake – Carrot Cake Shake

- 1 Serving of Protein Drink Mix
- 1 Medium Sized carrot
- 25g Raisins
- 1 Small piece crystallized ginger
- 100 ml unsweetened orange Juice
- 100ml Water

Peel and slice carrot, add to blender with raisins and ginger and water, blend. Add orange juice and Protein Drink Mix and blend till smooth. This shake is caked with great nutrients, and loaded with taste!

# Beverages

## Lemon & lime Tea

- 1 teaspoon Thermojetics
- 1 Cup of hot water
- Splash of concentrated lemon and lime juice

Stir ingredients well and drink hot. Makes a very refreshing hot lemon tea drink.

## Pear Drink

- 1 teaspoon Thermojetics
- Splash of concentrated Pear Juice

Stir products together well and serve with crushed ice. Makes a delicious, long, refreshing drink to quench the thirst and give you energy.

## Healthy Hot Chocolate

- 14 oz. water
- 2 tbsp. Thermojetics® High-Protein, Low-Carb Chocolate Shake Mix
- 2 tbsp. Thermojetics® Performance Protein Powder

Boil 10 oz. of water. In shaker, add 4 oz. cold water, Shake Mix and Protein Powder. Shake until combined and powder is dissolved. Pour into large mug. Add hot water and stir. Add Thermojetics® Raspberry Herbal Concentrate or a little instant coffee for extra flavour, if desired.

## Fruit Drink

Add a little Thermojetics® Raspberry Herbal Concentrate to Peach Mango Drink Mix and prepare as directed.

## Thermo Punch

- 1 tot Cointreau
- 200g Fruit Cocktail or Chopped Fruit
- 1 tsp. Thermojetics Herbal Conc.

Blend all ingredients and serve with a slice of orange.



# Other

## Nutritional Biscuits

- 1 cup Protein Powder
- 1 cup oats
- 1/2 cup honey
- 1/4 cup sesame seeds (roasted)
- 1/3 cup fat-free peanut butter

Mix well and press into a baking tray. Cool in fridge, and then cut into portions.



## A Little Sun in the Chocolate

- Half portion of peach and mango drink
  - Half portion of Chocolate shake
- Mix and freeze

## Herbal Ice Cream

- 1/3 cup 2% milk
- 1/8 to 1 tsp flavouring extract
- 2 tbsp meal replacement
- 1/2 cup frozen blueberries, strawberries or banana
- 1 chopped frozen peach
- 7 ice cubes

Place milk, meal replacement and Extract in blender and mix. Add ice cubes, blend until finely chopped. Blend in frozen fruit (you may need to stir). Has the consistency of homemade ice cream!

## Peanut Butter Sesame Seed Bars

- 1 cup rice crispies
- 1/2 cup honey
- 1 cup meal replacement
- 1/4 cup sesame seeds (optional)
- 3/4 cup oatmeal
- 1/3 cup peanut butter
- 2 tbsp water (if necessary)
- Mix all ingredients together and press into 8x8 pan. Cut into 8 bars and refrigerate. (1 bar = 1 shake) Yummy!

## Roll 'Ems

- 1 cup milk powder
- 1/2 cup peanut butter
- 1/2 cup honey
- 1 cup meal replacement
- 1/2 cup oatmeal

Mix ingredients together and slowly add enough water to form into balls. Roll into 16 balls and refrigerate.

(2 balls = 1 shake) Kids love these!

## Savoury Shake Recipe (For two people sharing)

- 1 tub of Low fat SMOOTH cottage cheese
- 1 Tablespoon of Shake Vanilla
- 1 Tablespoon of PPP
- Aromat And pepper to taste
- Drops of Tabasco sauce (as you like)
- 1 teaspoon of HB sauce

You can have this mixture on two or three provitas or snackerbreads.

- 1 tub of Low fat smooth cottage cheese
- 1 tablespoon of Vanilla Shake
- 1 tablespoon PPP
- Juice of lemon
- Drop of vanilla essence
- 1 teaspoon of honey

You can enjoy these on a tennis or marie biscuit or two and it tastes like a cheesecake

### Energy Bars

- 1cup raw oatmeal
- 1cup soy protein powder
- 1/3cup sesame seeds
- 1/3cup raisins
- 2/3cup grape nut flakes

Warm & mix:

½cup honey

1/3cup peanut butter

Method:

1. Mix all ingredients thoroughly
2. Spread in a 8 x 8 pan
3. Cut into 8 bars and place in fridge to set
4. The bars will keep without refrigeration for several days, but do wrap those separately before placing in a zip lock bag



### Hummus ~ Mark & Yvonne Mossom:

- 1cup chick peas, soaked overnight, then cooked until soft
- 2 cloves garlic
- ¼cup tahini (sesame paste)
- sea salt to taste
- 4tbs plain yoghurt
- juice from 2 lemons
- 1cup vanilla shake

1. Blend peas with enough of their cooking water to make a smooth paste
2. Add everything else to the blender and continue processing, adding more water if necessary  
DO NOT ADD TOO MUCH WATER AS HUMUS SHOULD HAVE A THICK CONSISTENCY
3. Correct seasoning to your personal taste
4. Serve chilled

*A dip that is enjoyed throughout the Middle East*

### Kiwi~Blueberry Choc Mousse ~ Pat Taylor

- serving fruit in season
- kiwi & blueberry yoghurt
- 2tsp chocolate shake

Method:

Blend, chill, serve and enjoy!

### Morgan's Mayonnaise (suitable for vegetarians)

- 2tsp rounded strawberry shake
- 1/3cup of natural low fat yoghurt
- ½tsp of light soya sauce
- Dash garlic flavoured Tabasco sauce

Method:

1. Drizzle over a crunchy salad

Makes 1 meal

### Chilli Shake ~ Kevin Fisher

- 2tsp vanilla shake
- 1 small plain yoghurt

Method:

1. Mix together
2. Flavour with chilli sauce to your taste

### Crunchy shake mix ~ Grant Whyte

- ½cup coconut
- 4cups oats
- 1cup sunflower seeds
- 1cup wheat germ

Bring to boil:

- 1cup honey
- ½cup oil
- 1t cinnamon

### Chocolate Peach Crumble

- 1 Serving of chocolate shake
- 4 peaches, halved
- 150ml low fat custard
- 2 digestive biscuits crumbled

Approximate calories=340

Liquidise all ingredients together except biscuits, pour mixture into a bowl and sprinkle with biscuit crumbs.

### Breakfast shake

- 1 serving of vanilla shake
- 150mg of plain bio yoghurt
- ½ banana
- 1 cup of All-bran cereal

Approximate calories=275

Liquidise all ingredients together, except cereal. Pour into a bowl, sprinkle with cereal and eat with a spoon for a nutritious breakfast.





